

One of the functions of therapy is to help us work with our feelings or moods. Some therapies help us work on the effects of thinking on our moods (Cognitive Behaviour Therapy - CBT). Others help us accept our feelings (Acceptance and Commitment Therapy - ACT - pronounced 'act'). The first works on feelings from the perspective of cognition (thinking). The second works directly on acceptance of feeling. The difference in which to use is in whether our assessment about our feelings is true or not. In the first case it isn't true (our thinking is off beam). In the second our thinking is true - pain is to be expected in life - what we cannot change we are forced to accept.

Books: CBT - *Mind Over Mood* by Dennis Greenberger and Christine Padesky

ACT - *Get Out of Your Head and Into Your Life* by Steven C. Hayes

Fig.1 Using Cognitive Model with catastrophic thinking

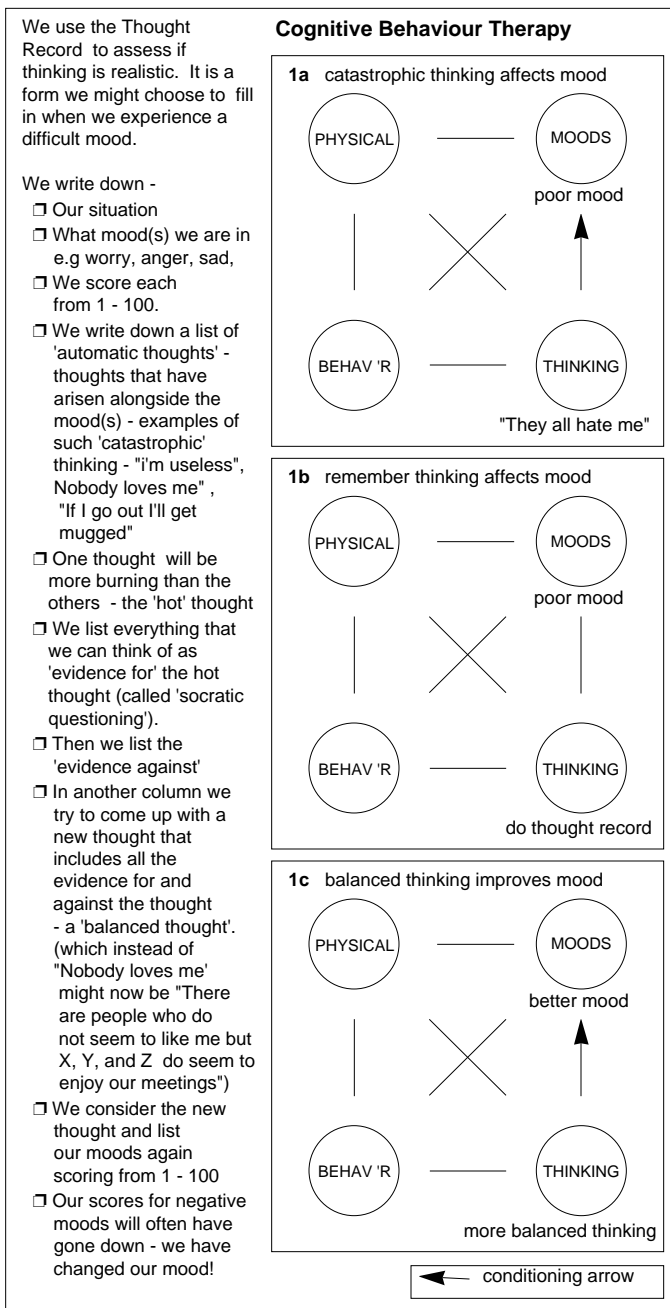


Fig.2 Process of Acceptance

